



Join Our Living Healthy With Diabetes Workshops!

The Living Healthy with Diabetes workshop is a **FREE 6-week** education program for people living with diabetes, their caregivers, and loved ones.

The workshops will help with:

- Finding practical ways to deal with sick days, fatigue & pain
- Discovering better food choices and exercise choices
- Understanding new treatment choices
- Learning better ways to talk with your doctor and loved ones about your health
- Learning real-life skills for living a full healthy life

Thursday, Evenings
August 30; September 6, 13, 20, 27;
October 4
5:30pm - 8:00pm

MHA of Dutchess County,
Beacon Wellness Center PROS
451 Fishkill Avenue (Route 52)
Beacon, NY 12508

Facilitators:
Marlene Taylor & Ozie Williams

For more information or to sign up:
call Marlene Taylor at (845) 473-2500, ext. 1309
or email mtaylor@mhadutchess.org

Plus: you will have a chance to receive a \$25 gift card for participating in 4 or more classes!

Better Care
Better Health
Better You ❤️

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